

SEEKONK HUMAN SERVICES

Town Courier

320 Pleasant Street ~ Seekonk, MA ~ 508-336-8772

*Monday through Thursday 8:30am—4:30pm

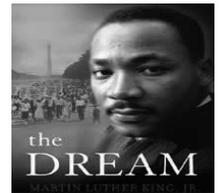
*Fridays 8:30am—12:30pm

*Evening appointments available upon request

January 2016



Seekonk Human Services
Will be closed



Friday, January 1st for New Years Day
Monday, January 18th for Martin Luther



During the Holiday season Seekonk Human Services had the opportunity to work with the Salvation Army to raise money by participating in the Kettle Bell Ringing. During this time volunteers from the Seekonk High School Key Club/ National Honor Society completed over 70 hours of community service. Money raised will be used to help the residents of Seekonk during difficult times. Seekonk Human Services would like to thank the Salvation Army for giving us the opportunity to participate in such an excellent fundraiser.



Seekonk Human Services would like to take the opportunity to thank all those who helped out during the holiday season. Outback Steakhouse for Thanksgiving meals to be delivered to the homebound and those who delivered meals on Thanksgiving Day. Personal Best Karate donated and delivered over 75 baskets to Seekonk residents. The anonymous family who cooks turkey and ham for Christmas meals and delivers them.

We would like to thank those who donated food, gifts, adopting families for Christmas and items needed for the holiday season. Thank you Mt. Carmel St. Vincent de Paul, The Library, Wampanoag Rod & Gun Club, Bay State Street Machines, and Martin School.

RITEAID
MELISSA LUTI

Wednesday, January 13, 2016 @ 10am

Melissa Luti will be returning to Seekonk Human Services to discuss upcoming programs being offered by Rite Aid. She will also be playing games with prizes. Lunch will be chicken pot pie, mashed potatoes, veggies and dessert for \$3. Please call 508-336-8772 to sign up for this activity and lunch.

BRISTOL COUNTY SHERRIFS OFFICE
PROJECT LIFE SAVER & ARE YOU OK?

Wednesday, January 27, 2016 @ 10am

Project Lifesaver is a vital law enforcement program that helps find missing people and reunites them with their families or care givers. It is the nation's most effective rescue program with over 1,960 saves nationally and a 100% success rate. The "R.U.O.K.?" Program is a free telephone calling service provided by the Bristol County Sheriff's Office, in cooperation with your local Police Department and Council on Aging. The program is designed for senior citizens, disabled persons, and shut-ins living in Bristol County. It provides reliable, daily phone assurance, and the comfort and security you need to maintain your independence. "R.U.O.K.?" provides peace of mind for both you and those who care about you. Lunch will be Shepherds' pie and dessert for \$3. Please call 508-336-8772 to sign up for the activity and lunch.

SEEKONK COUNCIL ON AGING

January 2016

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 
				8 Wii Fun Time 10am *Bowling, Tennis, Baseball, Golf Come join the fun and exercise!
4 Seekonk Senior Shopping Day Wal-Mart, Stop & Shop & Price Rite - 10:15am - 11:30am By GATRA	5 Seekonk Senior Shopping Day Wal-Mart, Stop & Shop & Price Rite - 10:15am - 11:30am By GATRA	6 Game Day to fit your mood (i.e., cards, dominos, board games, puzzles) 10am - 12pm	7 Game Day to fit your mood (i.e., cards, dominos, board games, puzzles) 10am - 12pm	8 Wii Fun Time 10am *Bowling, Tennis, Baseball, Golf Come join the fun and exercise!
Senior Exercise at Seekonk Total Fitness \$1 11:00am - 12:00pm	Senior Exercise at Seekonk Total Fitness, \$1. 11:00am - 12:00pm	Senior Exercise at Seekonk Total Fitness, \$1. 11:00am - 12:00pm	Senior Exercise at Seekonk Total Fitness, \$1. 11:00am - 12:00pm	Senior Exercise at Seekonk Total Fitness, \$1. 11:00am - 12:00pm
11 Seekonk Senior Shopping Day Wal-Mart, Stop & Shop & Price Rite - 10:15am - 11:30am By GATRA	12 Seekonk Senior Shopping Day Wal-Mart, Stop & Shop & Price Rite - 10:15am - 11:30am By GATRA	13 Game Day to fit your mood (i.e., cards, dominos, board games, puzzles) 10am - 12pm	14 Game Day to fit your mood (i.e., cards, dominos, board games, puzzles) 10am - 12pm	15 Wii Fun Time 10am *Bowling, Tennis, Baseball, Golf Come join the fun and exercise!
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18  Seekonk Senior Shopping Day Wal-Mart, Stop & Shop & Price Rite - 10:15am - 11:30am By GATRA	19 Seekonk Senior Shopping Day Wal-Mart, Stop & Shop & Price Rite - 10:15am - 11:30am By GATRA	20 FREE Blood Pressure and Glucose Clinic 9:00am - 10:30am	21 Game Day to fit your mood (i.e., cards, dominos, board games, puzzles) 10am - 12pm	22 Wii Fun Time 10am *Bowling, Tennis, Baseball, Golf Come join the fun and exercise!
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25 Seekonk Senior Shopping Day Wal-Mart, Stop & Shop & Price Rite - 10:15am - 11:30am By GATRA	26 Seekonk Senior Shopping Day Wal-Mart, Stop & Shop & Price Rite - 10:15am - 11:30am By GATRA	27 *Brown Bags Delivery/Pick Up* Senior Exercise at Seekonk Total Fitness, \$1. 11:00am - 12:00pm	28 Game Day to fit your mood (i.e., cards, dominos, board games, puzzles) 10am - 12pm	29 Wii Fun Time 10am *Bowling, Tennis, Baseball, Golf Come join the fun and exercise!
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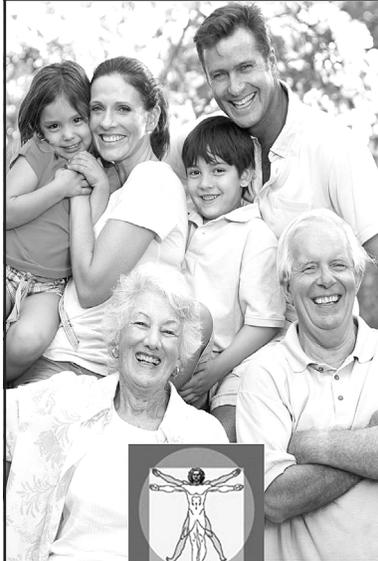
Thank you!

On behalf of the
Seekonk Town Crier
for your support
of our newsletter

2016

Happy New Year!

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Fax: (401) 438-0903

Monday - Friday: 6:00 AM - 7:00 PM
Friday: 6:00 AM - 7:00 PM
Saturday: 7:00 AM - 12 PM

CUMBERLAND OFFICE

2295 Diamond Hill Road
Cumberland, RI 02864
Phone: (401) 305-3858
Fax: (401) 305-3859

Monday - Thursday: 7:30 AM - 7:00 PM
Fridays 7:30 AM - 4 PM



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Law Office of Luke P. Travis
Estate Planning

TEL: (508) 676-3333 P.O. BOX 3288
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luke@bristollegal.com FALL RIVER, MA 02722-3288


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Taunton Avenue P.O. Box 353
Seekonk, Massachusetts 02771

**To be a sponsor in the next
Seekonk Town Crier
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**Please contact
Tom Reily
508-336-6633
x 337**


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GO FETCH THEY SAID



IT WILL BE FUN THEY SAID

EXPLORATION WEDNESDAYS

- February 3—John Quintas
Lunch: Venus de Milo Soup and dessert for \$3
- February 10—Valentine's Day Party
Lunch: French meat pie, mashed potatoes, veggies and dessert for \$3
- February 24—Organizing and De-cluttering by Stacey Hiltner from the VNA
Lunch: Portuguese soup and pulled port sandwiches, and dessert for \$3

MEN'S BREAKFAST

Thursday, January 14, 2016 @ 8:30am
Toti's Restaurant

All men are welcome to attend and no sign up is required. Bring a friend with you to enjoy a delicious breakfast. There is no set price for breakfast, order what you want, pay for what you order.

WOMEN'S BRUNCH

Thursday, January 21, 2016 @ 10:00am
Pazi's Place
380 Taunton Ave.
East Providence, RI

All women are welcome to attend and no sign up is required. Bring a friend with you to enjoy a delicious breakfast. There is no set price for breakfast, order what you want, pay for what you order.

IS YOUR HOME READY FOR WINTER

For any household, staying prepared is the key to safely weathering a winter storm. A good way to start is by keeping Massachusetts Electric's Power outage number **(800-465-1212)** by your non-cordless phone. Have at least one phone that is not cordless, because cordless phones won't work when the power is out. **REMEMBER:** Police and local Fire Departments are usually not the best contact for strictly reporting power outages, and often times do not have firsthand information on when the power will be restored. Your best contact is the number provided above.

ELDERLY & HARDSHIP EXEMPTION FORMS

These forms (41 C) are available at the Assessor's Office at Town Hall. They must be filled out with proof of eligibility and returned to the Assessor's Office by April 1st.

FREE TAX PREPERATION

AARP Foundation Tax-Aide, will be preparing taxes at the Seekonk Town Hall on Thursdays from February 4—April 7 from 9:00am - 11:00 am. Appointments can be made by calling Seekonk Human Services at 508-336-8772.

CIRCUIT BREAKER

What is the Circuit Breaker Tax Credit?

The Circuit Breaker Tax Credit is a state income tax credit for eligible Massachusetts residents age 65 or older who paid rent or real estate taxes during the tax year. The credit is for senior homeowners and renters who meet income limits and other eligibility requirements. Homeowners may claim the credit if they paid more than 10% of their total income for real estate taxes, including water charges. Renter can count 25% of their rent as real estate tax payments.

You must file a state income tax return to claim the Circuit Breaker Credit, whether or not you have to file other-wise. If your credit is greater than the amount of income taxes you owe, the state will give you a refund for the different. That maximum credit for tax year 2015 is \$1050.

Am I eligible?

The Circuit Breaker Tax Credit is for low and moderate income seniors whose real estate tax payments are greater than 10% of their income. Homeowners and renters can claim the credit.

Income Guidelines:

- \$53,000 single
- \$70,000 head of household
- \$90,000 married filing jointly

*Total income includes some types of non-taxable income, such as social security, retirement, pensions and annuities, cash public assistance, tax-exempt interest and dividends, and certain other income.

To Qualify:

- You or your spouse must be 65 or older by the end of the year
- If married, you must file jointly
- You must rent/own a home in MA that is your primary residence
- Your property's assessed value can't exceed \$691,000 by January 1, 2012
- If you're a renter you can't be getting federal/state rent subsidy and your landlord must pay property taxes

MEDICARE PART B

2016 Medicare Part B Premium

You may have heard your Medicare Part B premium is going up. This is **not** true for everyone!

Those whose Part B premium was deducted from their Social Security check last year will continue to pay \$104.90 per month.* Those newly enrolled in Part B this year will likely pay \$121.80 per month.

People with limited income and assets may qualify for a program that will pay their premium. Those with incomes greater than \$85,000 per year (\$170,000 for a couple) have higher premiums and will pay between \$170.50 and \$389.80 per month for Part B.

Trained SHINE (Serving Health Insurance Needs of Everyone...on Medicare) volunteers can help you through free, confidential counseling on all aspects of health insurance. To schedule a SHINE appointment, call Seekonk Human Services at 508-336-8772.

*There was **no** cost of living increase in Social Security benefits for 2016 and the law prevents benefit checks from being reduced

FUEL ASSISTANCE

If you had fuel assistance last year, be on the lookout for your application. File the application as soon as you get it. If you have never had fuel assistance and would like to apply or if you need help filing your application, please call Seekonk Human Services at 508-336-8772 to make an appointment with the Outreach Department. **Fuel Assistance begins November 1st and ends April 30th.**

Income Guidelines:

Maximum income for 1 person is \$33,126, for 2 people is \$43,319, for 3 people is \$53,511, and for 4 people is \$63,704. Income includes your social security, pensions and any interest income.

Needed Documents:

- ◆ Proof of income
 - ◆ 4 consecutive pay stubs
 - ◆ Social Security Award Letter or 1099
 - ◆ Pension (Current 1099)
 - ◆ Interest Dividends (1099)
- ◆ List of everyone in household plus their income
- ◆ Homeowner's must include:
 - ◆ Mortgage statement
 - ◆ Real estate tax bill
 - ◆ Insurance bill
 - ◆ Recent copy of electric bill and gas/oil bill
- ◆ Renters include:
 - ◆ Rent receipt
 - ◆ Recent copy of electric bill and gas/oil bills
- ◆ Food Stamps—copy of verification



Wii Fun

Fridays @ 10am



Come join us for some Wii Fun! The Wii is an excellent way to have fun and be active. Call Seekonk Human Services @ 508-336-8772 for more information. No sign up is necessary just come in!

BLOOD PRESSURE & GLUCOSE CLINIC

Wednesday, January 20, 2016

Seekonk Human Services

9:00am—10:30am

Seekonk Human Services has partnered with the **Seekonk Fire Department** to provide a blood pressure & glucose screening on the 3rd Wednesday of the month from 9:00am to 10:30am. This is a perfect opportunity to get your blood pressure & glucose tested. This is a first come first serve clinic.

KNITTERS AND CROCHET

Yarn Donation Needed!

The knitters are busy creating hats, sweaters & mittens for infants in our town and seniors who need lap robes. Our knitters are in need of yarn to keep up with demand. Donations can be made by dropping off yarn at Seekonk Human Services, 320 Pleasant Street or by calling 508-336-8772. Thank you in advance for your donation.



SEEKONK TOTAL FITNESS

1301 Fall River Avenue

Seekonk, MA 02771

508.336.4545

Seekonk Total Fitness is offering Senior Fitness Group Exercise Classes on Monday, Wednesday, and Friday from 11am—12pm. The one hour fitness class is designed specifically for older adults and taught by a certified senior fitness instructor. This easy to follow workout is safe, heart-healthy and gentle on the joints. Energize your inactive lifestyle by increasing muscular strength, range of movement & balance. The cost per class is \$1.

YMCA*

472 Taunton Avenue

Seekonk, MA 02771

508.336.7103

\$3 fee per class for the following classes:

- ◆ **Arthritis Foundation Aquatic Exercise**
Monday, Wednesday, Friday @ 9am
- ◆ **Aquaerobics**
Monday, Wednesday Friday @ 9:45am
- ◆ **Silver Sneaker Classic**
Monday, Wednesday and Friday @ 11am

***Must be a Seekonk Resident**

FREE MEDICAL EQUIPMENT

Our FREE Medical Loan Closet is available to Seekonk residents. We are in need of wheelchairs. Please call Seekonk Human Services to schedule pick up/drop off and/or donations at 508-336-8772.

Seekonk Human Services
320 Pleasant Street
Seekonk, MA

Phone: 508-336-8772
Fax: 508-336-2239

Email: bhuck@seekonk-ma.gov

**We're committed to Seekonk's Seniors.
Help us, help you.**

Seekonk Human Services is primarily an informational and referral agency. We try to help you directly or by introducing you to a network of federal, state, or local support services. Human Services is opened for appointments and drop-ins Monday through Thursday 9:00 am to 3:00 pm and Fridays 9:00 am to 11:00 am. We have evening appointments available upon request. All Seekonk residents are invited to enjoy the activities at the center.

*** NOTE: Seekonk Human Services offers many legal, financial, recreational, medical screening and/or other activities and services by volunteers or nominal cost practitioners. Seniors participating in these services/activities do so with the understanding that Seekonk Human Services, the Town of Seekonk or its employees do not assume any legal or other responsibility for any advice or services rendered by such volunteers or nominal cost practitioners. The Town Crier is partially funded by the Executive Office of Elder Affairs. We thank them for their support.**

Seekonk Human Services
320 Pleasant Street
Seekonk, MA 02771

PRSR STANDARD
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**Board Meets fourth Monday of the month
@ 3:30pm in the
Board of Selectmen Meeting Room**

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Christine Allen

Anita Gendron

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Victoria Kinniburgh

CHAIRPERSON

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508-336-8772**

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Karen Stutz ext. 14

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Veronica Brickley ext. 17
LPN BA SOC LSWA